

# History

Tea consumption increased dramatically during the early nineteenth century and it is around this time that Anna, the 7th Duchess of Bedford is said to have complained of "having that sinking feeling" during the late afternoon. At the time it was usual for people to take only two main meals a day, breakfast, and dinner at around 8 o'clock in the evening. The solution for the Duchess was a pot a tea and a light snack, taken privately in her boudoir during the afternoon.

Later friends were invited to join her in her rooms at Woburn Abbey and this summer practice proved so popular that the Duchess continued it when she returned to London, sending cards to her friends asking them to join her for "tea and a walking the fields." Other social hostesses quickly picked up on the idea and the practice became respectable enough to move it into the drawing room. Before long all of fashionable society was sipping tea and nibbling sandwiches in the middle of the afternoon.



# Afternoon Tea

The  
Lygon  
Arms

**Tea of the month (see right) £20** per person

selection of mouth watering sandwiches

choice of cake, mousses, jellies and deserts

pick from our selection of teas – coffee if preferred

*Get tipsy, add Champagne for an extra £10* per person

**Traditional cream tea £9.95** per person

two fruit scones, clotted cream and strawberry jam

pick from our selection of teas – coffee if preferred

## Our tea selection

english breakfast

earl grey

green

peppermint

camomile

lemon & orange

raspberry &  
vanilla

decaffeinated

# March: "Easter" Afternoon Tea

The  
Lygon  
Arms

## Sweets

chocolate eggs filled with cardamom mousse

mango panna cotta and jelly

orange and coconut cake

battenberg

selection of macaroons

## Sandwiches

ham & mustard

smoked salmon & cream cheese

seasoned cucumber & mayonnaise

egg and rocket mayonnaise

## Fruit scones

with clotted cream and strawberry jam



# April: "Fools" Afternoon Tea

The  
Lygon  
Arms

## Sweets

banana mousse, chocolate cup, popping candy

kiwi Eaton mess

espresso tarts

orange drizzle cake

selection of 'fools' petit fours

## Sandwiches

ham & tomato

smoked salmon & horseradish

seasoned cucumber & cream cheese

egg and cress

## Fruit scones

with clotted cream and strawberry jam

